

CG, CSM address sequester

LT. GEN. MIKE FERRITER AND
COMMAND SGT. MAJ.
EARL RICE
Installation Management
Command

SAN ANTONIO — Thank you for your selfless service to our country, our Soldiers and the Installation Management Command.

While we are in uncertain budgetary times, one thing is very certain: our appreciation for you and for all you do every day for our Army's Soldiers, family members, our dedicated civilian workforce and the countless others you support everyday around the globe.

As Sec. Panetta said, the Department's leadership is doing everything possible to limit the worst effects on you, our civilian workforce.

Wednesday morning, Secretary of Defense Leon Panetta informed Congress of the DOD's need to furlough civilian employees if sequestration occurs March 1. The earliest furloughs can occur is 45 days from the date of the notice, meaning the earliest furloughs could occur is mid-April of this year.

As Sec. Panetta said, the Department's leadership is doing everything possible to limit the worst effects on you, our civilian workforce.

While the President was able to exempt military personnel funding from sequestration, there is no legal authority to exempt civilian personnel funding from reductions.

Every civilian employee affected by the furlough will receive a minimum of 30 days notice prior to the start of the furlough.

Department of the Army appropriated fund employees and non-appropriated fund employees paid with appropriated fund dollars through the Uniform Funding Management process will be affected by furlough.

There will be very few, if any, exceptions to the furlough, and we will provide an update, along with any additional information, at a Feb. 25 IMCOM headquarters Town Hall.

Currently, the plan is for 22 discontinuous days of furlough.

Thank you for your patience during this unprecedented period. We will continue to provide information and assistance through the chain of command as the DOD and DA leadership work through this complex issue.

While you continue the fight to provide unequalled service to our Soldiers, family members and civilians, your IMCOM leadership team will continue to fight for you.

Our civilian workforce is incredibly talented and dedicated; the impact of furloughs on you and your families is not lost on us, or the Army leadership.

Army Strong!



Spc. Joshua Mead, a combat engineer in 2nd Plt., 95th Eng. (Clearance) Co., 65th Eng. Bn. (Combat Effects), 130th Eng. Bde., 8th TSC, operates a pneumatic .50 caliber machine gun simulator at the Virtual Route Clearance Trainer, as his company prepares for an upcoming deployment. As he moves his head, his goggles adjust and display the three-dimensional simulation accordingly.

‘Wolfpack’ uses VRTC, preps to deploy

Story and photo by
1ST LT. KYLE SUCHOMSKI
95th Engineer (Clearance) Company,
65th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Route clearance in Afghanistan is undoubtedly one of the most dangerous and difficult jobs in the Army.

The 95th Engineer (Clearance) Company, 65th Eng. Battalion (Combat Effects), 130th Eng. Brigade, 8th Theater Sustainment Command, returned from Afghanistan's Helmand province in August, and since then has been preparing for its next deployment.

"You know, route clearance in Afghanistan is a lot like going to the moon," said Sgt. Kevin Robinson, team leader, 2nd Platoon, 95th Eng. Co., who is looking forward to the unit's next deployment. "Just because you've been there once doesn't make it any less exciting the next time, though."

In addition to squad- and platoon-level field training exercises, the "Wolfpack" company uses the U.S. Army Garrison-Hawaii's Virtual Route

Clearance Trainer (VRTC) to hone its route clearance skills.

"The virtual trainer allows our platoons to run route clearance patrols with minimal strain on operational and fiscal resources," said 1st Lt. Chris Rivers, executive officer with the 95th. "We can refresh and refine our tactics, techniques and procedures without considerations, such as fuel, land, ammunition and the risk of training accidents. Overall, the VRTC has been our primary and most viable training facility, and it has helped us transition from reset and get onto the road to war."

The VRTC was brought to Schofield Barracks to support elements of 65th Eng. Bn., slated to deploy to Afghanistan, where the unit will conduct route clearance and other combat engineering operations.

Much like a flight simulator, the VRTC affords Wolfpack warriors an opportunity to practice inside a fully immersive, three-dimensional route clearance simulation.

Drivers and truck commanders control a dash-

board replication of an actual mine-resistant armor plating vehicle. This replication allows Soldiers the opportunity to run through a number of specific pre-mission checks and inspections, and enhances the simulation's realism.

Soldiers can also communicate with other operators in the simulation via headsets, and they can call reports to higher echelons through simulation moderators.

Gunners wear goggles that display the simulated training scenario as they load and operate a pneumatic .50 caliber machine gun trainer. When the gunners turn their heads left or right, the goggles react accordingly, changing the display to reflect what they would see.

"The simulation is a pretty good training aid, because it's a good refresher on the basics," said combat engineer Spc. Robert Munguia, 2nd Platoon, comparing his experience as a driver in Afghanistan to his training with the VRTC. "But there's nothing like looking for IEDs (improvised explosive devices) in 100-degree heat. That's just too impossible to simulate."

Town hall to focus on community concerns

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — The social media event of the quarter is happening 6-7:30 p.m., Wednesday, Feb. 27, at www.facebook.com/usaghawaii.

U.S. Army Garrison-Hawaii is again hosting its popular online forum to address community-wide concerns.

"We will focus first on issues that impact the whole installation before moving on to individual topics," said Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii. "We're asking attendees to be patient while they wait for responses and for their courteous cooperation."

All comments posted on the event page prior to or during the virtual town hall will be answered. Those topics not addressed during the 90-minute event will receive a response in the days following the online town hall.

"Those participating in the event need to remember to conduct themselves according to Army values," said Command Sgt. Maj. Philip Brunwald, garrison's senior enlisted leader. "We understand that Soldiers and family members are passionate about presenting and resolving their concerns, but

all comments still should be respectful and family-friendly."

The garrison command team is considering ceasing to hold the online forum and reverting back to face-to-face town halls if community posts continue to violate posting policies.

Soldiers and family members interacting on the page should review the posting policy located under the "About" tab. Comments that include swearing and comments that represent personal attacks and/or racist, graphic, obscene or abusive language will be removed, and the user may be banned from the page.

One of the reasons the online venue has so much participation is that it allows attendees to easily interact without impacting their busy social and family lives or making them rearrange their schedules, said Dennis Drake, director, USAG-HI Public Affairs. Soldiers and families can post a question on the event page prior to Feb. 27, and return at a convenient time to review the response.

During the town hall, subject matter experts

monitor the event page and respond to as many community-wide concerns as possible. Questions can be posted for Island Palm Communities, the Commissary, the Exchange, Tripler Army Medical Center, and the directorates of Emergency Services; Public Works; Human Resources; and Family and Morale, Welfare and Recreation.

Attendees visiting the digital venue are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions — thus delaying a final response. For example, if asking about road conditions, provide the street name, installation and closest cross streets, buildings or landmarks. This method will help DPW exactly pinpoint the location in question, which will pave the way for a faster response.

"USAG-HI's mission is to support warriors, families and the community, and we will continue in this effort in spite of the fiscal uncertainty facing the Department of Defense and Department of the Army," Whitney said.



Pride in ACU wear | A-2.

When it comes to your appearance, heed the sergeant major's words.



USARPAC CG visits Laos | A-6

Trip is a demonstration of U.S. commitment to region, builds closer military ties.

Jump rope! | B-3

311th Signal says hopping hearts are healthy hearts. Hooah!



Meat & taters | B-4

Hanging on to the old bachelor's couch means lots to a married couple.



The Hawaii state legislature honors the 27th Inf. Regt. and the family of Master Sgt. Hugh O'Reilly for their continuous generosity and kindness toward orphans of the Holy Family Home, located in Osaka, Japan.

Back row, from left — Gathered for a keepsake photo are Hugh O'Reilly Jr., Mora Dolomente, Sen. Will Espero, Sen. Gilbert Kahele, Sen. Michelle Kidani, Sen. Clarence Nishihara, Sen. J. Kalani English, Senate President Donna Mercado Kim and Sen. Mike Gabbard.

Front row, from left — Also accepting the award are Cmd. Sgt. Maj. James Wadsworth, Kuniko Iwaki, Norma Vantoll, Lt. Cdr. Todd Fox, Yuko O'Reilly, Sen. Malama Solomon, Lt. Cdr. Barrett Bernard, Sen. Roz Baker and Cmd. Sgt. Maj. Tony Tuck. (Photo courtesy Senate Communications)

Wolfhounds honored by Hawaii legislature for helping orphans

1ST LT. ZACHARY KOHL
3rd Brigade Combat Team Public Affairs
25th Infantry Division

HONOLULU — The Hawaii State Legislature honored the 27th Infantry Regiment “Wolfhounds” and the family of Master Sgt. Hugh O'Reilly, at the state capitol, Feb. 13, for their continued generosity and kindness toward the orphans of the Holy Family Home in Osaka, Japan.

Coincidentally, the honors occurred at the start of the 27th legislature.

The Wolfhounds began the tradition of inviting children from the Holy Family Home to visit Soldiers and their families stationed in Hawaii more than 60 years ago. The relationship is the oldest association between a civilian nonprofit organization and an Army unit in America.

The bill was sponsored by State Senator Will Espero and State Representative Lauren Cheape.

“I think that the fact that the legislature on their first day of the current session took the time to honor the regiment and the O'Reilly family for the relationship and the work with the Holy Family Home speaks to

how special that relationship is,” said Lt. Col Berrett Bernard, commander, 2nd Battalion, 27th Inf. Regt., 3rd Brigade Combat Team, 25th Infantry Division.

The story of friendship began on Christmas day, 1949, just after the end of the most devastating war in history, explained Bernard. On that day, O'Reilly and other Wolfhounds visited the Holy Family Home, a Catholic charity that had been set up several decades earlier, and found it filled with desperate children whose parents had been killed in the hellish bombing raids of World War II.

“The children were suffering from hypothermia, they were malnourished, and they did not have the proper clothing for the winter weather,” said Bernard.

Rather than see the orphans suffer, O'Reilly organized the Wolfhound Regiment into helping out. O'Reilly started to raise money and personally led efforts to repair the bombed out orphanage.

“He did what we ask all Wolfhounds to do; he went out and took action,” said Bernard.

What is truly remarkable about this sto-

ry of international friendship is that the Wolfhounds kept it up. When the Wolfhounds deployed to combat in the Korean War, they continued to raise funds for the orphans of the Holy Family Home, famously passing a combat helmet through the trenches for collections.

“They collected over \$10,000 at one point, in a combat zone,” said Bernard.

After the Korean War, the Wolfhounds returned to Schofield Barracks. To continue the relationship, O'Reilly set up an annual visit by the orphans to Hawaii each summer. The Wolfhounds also send Soldiers each Christmas to Osaka to participate in holiday celebrations.

O'Reilly continued to support this special international union for the rest of his life and was named the Wolfhound's honorary regimental sergeant major, holding the title until he passed away June 23, 2006. Today his family continues to work with the Wolfhounds helping the orphans.

What would the old master sergeant feel about the honor?

“I am sure he would be happy for the Wolfhounds,” said his son Patrick O'Reilly.

BRONCO ASSEMBLY



SCHOFIELD BARRACKS — Col. Brian Eifler, commander, 3rd BCT, 25th ID, stands atop the platform in the center of the Bronco Brigade headquarters at F Quad, Feb. 8, addressing a mass assembly of Broncos about the unit's operational outlook. (Staff Sgt. Cashmere Jefferson, 3rd BCT Public Affairs, 25th ID)

Broncos hail NCO, Soldier of Quarter

STAFF SGT. CASHMERE JEFFERSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — A quarterly recognition ceremony was held by 3rd Brigade Combat Team, 25th Infantry Division, at the newly renovated Bronco Brigade headquarters, Feb. 5.

Col. Brian Eifler and Command Sgt. Maj. David Clark, senior leaders, 3rd BCT, kicked off the event by presenting an Army Achievement Medal, a brigade plaque and a bayonet to the Bronco Brigade Noncommissioned Officer and Soldier of the Quarter.

“Every few months we get together to recognize the leaders who have made a big impact; that's why we're here today,” said Eifler, leading the Soldiers in a round of applause for the awardees.

“On behalf of myself and the Sergeant Major, we're very proud of what we just did with the Bronco Resolution and everything that went into putting the exercise together, from the Kahukus to McTab, very well done,” said Eifler.

“I feel very honored to be the Brigade Soldier of the Quarter and have been working very hard to be the Soldier I am today,” said Spc. Joshua Bain, Company C, 3rd Brigade Special Troops Battalion, 3rd BCT. “I have invested a lot of time and dedication, and I want to thank the 3rd BSTB for having enough faith in me.”

Standing before the assembled brigade, Eifler and Clark went on to award one brigade plaque, nine certificates of achievement and 16 Army Commendation medals. Afterwards, they also recognized three sergeants first class for their selection to master sergeant.

Before the ceremony ended, Eifler dropped to the front-leaning rest position and knocked out 10 pushups in tribute to the Bronco Brigade's outstanding job, and he joked that Command Sgt. Maj. Devens told him to do 325 pushups for 3-25.

“But I don't want to keep you guys busy all day,” he said.



Sgt. Brian Jahn (right), HHT, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, receives an Army Achievement Medal from Col. Brian Eifler, commander, 3rd BCT, in recognition of distinguishing himself as the Bronco Noncommissioned Officer of the Quarter. Jahn and other Broncos were honored during the recent Bronco Recognition Ceremony held in F Quad, Feb. 5. (Photo by Sgt. Brian Erickson, 3rd BCT Public Affairs, 25th ID)



Spc. Joshua Bain, Co. C, 3rd BSTB, 3rd BCT, receives the Army Achievement Medal for being Bronco Brigade Soldier of the Quarter from Eifler. (Photo by Staff Sgt. Cashmere Jefferson, 3rd BCT Public Affairs, 25th ID)

DOD pledges to build wealth, not debt

Annual campaign asks service members to take small steps, now, for big savings later in life

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — We’ve all heard the saying, “A penny saved is a penny earned,” but what exactly was Ben Franklin talking about when he uttered those famous words?

The Department of Defense may have your answer.

Its annual “Military Saves” campaign is gearing up to start its 11th year of encouraging all service members, their families and civilian employees to save their pennies for a rainy day.

Military Saves Week kicks things off, Feb. 25-March 2, during which time local commissaries, including the Schofield Barracks commissary, here, will be providing information on personal financial awareness and ways to prepare nutritious meals for less.

The Schofield commissary also will be holding a “Fill Your Freezer” sale, 9 a.m.-5 p.m., March 1-3, in the commissary parking lot, where frozen foods will be on sale for a low, affordable price.

“Military Saves” in Social Networks
Customers can join Military Saves via Facebook, Twitter or through its monthly newsletter. For more information, visit www.militarysaves.org.

Military Saves is part of the DOD’s Financial Readiness Campaign, as well as “America Saves,” the larger, nationwide campaign for all Americans.

A social marketing campaign, Military Saves works with defense credit unions, military banks and other nonprofit organizations throughout the year to promote savings and debt reduction among the military force.

Military Saves Week 2012 saw the largest participation numbers to date, with 26,394 individuals taking the Military Saves Pledge, and 339 organiza-

tions signing up to participate or reporting participation.



Savers who take the pledge can choose to receive a monthly e-newsletter from Military Saves, along with a quarterly e-newsletter from America Saves.

The Military Saves website also offers valuable tips and savings ideas to help military families live well while spending less — such as bringing a lunch to work, eating out two fewer times each month and going grocery shopping with a list (and sticking to it).

Commissary Savings

Savings generated by commissary shopping is why the Defense Commissary Agency is a partner in the 11th annual Military Saves Week campaign that encourages military families to avoid debt and build savings. The campaign’s theme is “Set a goal, make a plan, save automatically.”

“Since we sell at cost in delivering the benefit, shopping your commissary saves you money automatically,” said Joseph Jeu, DeCA director and CEO.

Consistent commissary shoppers score savings of 30 percent or more, Jeu said, but savvy shoppers know that using coupons achieves even higher savings.

“Think of coupons as cash,” he said. “And now, the commissary offers the Re-

wards Card to deliver even more savings via coupons for download onto your card.”

At last count, more than 150 coupons were available; new coupons are posted as soon as they become available. Patrons can sign up to receive an email alert when new coupons have been posted to the site, at www.commissaries.com/rewards_subscribe.cfm.

The Schofield commissary is located at 698 Trimble Rd. Hours are 9 a.m.-8 p.m., Monday-Friday, and 8 a.m.-7 p.m., Saturday-Sunday, with early bird hours starting at 8 a.m., weekdays, 7 a.m., weekends.

Call 655-5066 or visit www.commissaries.com/stores/html/store.cfm?do_daac=HQCWHX.
(Information courtesy of DeCA.)

New garrison staff critical to expanded SHARP

JADE FULCE
U.S. Army Installation Management Command

SAN ANTONIO — U.S. Army Installation Management Command is recruiting and hiring new sexual assault response coordinators and sexual assault victim advocates by October as part of the Army’s expanded Sexual Harassment/Assault Response and Prevention (SHARP) program.

IMCOM will hire 135 individuals this year in support of SHARP, said Ebenezer Williams Jr., IMCOM SHARP program manager.

Mission-critical SHARP staff were exempted from an Army-wide hiring freeze, Jan. 29.

“I am authorizing the hiring ... to ensure we continue to provide programs and services in support of critical missions, national security, safety of human life and the protection of private property,” said Lt. Gen. Mike Ferriter, commander, IMCOM.

The SHARP program aims to reduce sexual harassment and assault by creating a climate of respect for the dignity of every member of the Army family. SHARP does so by trying to reduce the stigma associated with reporting an incident, increase prevention efforts and increase investigation and prosecution capabilities.

“Sexual harassment and sexual assault of any type will not be tolerated,” said Rufus Caruthers, director of Equal Employment and Opportunity, IMCOM. “It cripples the overall operation. It will not be tolerated and will be dealt with swiftly within the command.”

Changes to the program came with the 2012 National Defense Authorization Act, which requires all brigade-sized units, including IMCOM garrisons, to have at least one full-time sexual assault response coordinator and

sexual assault victim advocate. Additional sexual assault victim advocates may be added, depending on demographics or unit needs.

Garrison SHARP programs can also offer victims an option and continuity of care if they

all Army sexual assault response coordinators and sexual assault victim advocates.

In the past, IMCOM garrisons managed the SHARP under the Family Advocacy Program (FAP) in Army Community Service.



Kirk Simpson (right), a Sexual Harassment/Assault Response and Prevention instructor, speaks to students during a class at Yongsan Garrison in South Korea. (Pfc. Shin Jihoon, Eighth Army Public Affairs)

choose not to use their command SHARP, said Williams. The senior commander on the installation is ultimately responsible for the program.

After Oct. 1, 2013, only armed forces members and Department of Defense civilian employees may be assigned to SHARP positions, the act states. No longer will there be contracted staff after that time.

The act also made changes to training and certification for SHARP personnel.

“It is a requirement come Oct. 1, 2013, if you are not credentialed, then you cannot respond to a victim of sexual assault,” said Sergio Perez, Fort Sam Houston sexual assault prevention and response program manager.

Perez said the National Organization of Victim Assistance is responsible for credentialing

Col. Nancy Ruffin, director of the Army FAP and chief of Personal and Family Life Readiness branch, emphasized that SHARP and FAP are two separate programs with different missions.

“ACS victim advocates are still providing assistance to any victim, whether of sexual assault or of domestic violence,” Ruffin explained.

After Oct. 1, any ACS victim advocate must have SHARP training and credentials to respond to a case of sexual assault, according to Ruffin.

ACS Family Advocacy Program personnel will continue to respond to victims of domestic and child abuse incidents.

Williams said, in the interim, a collateral sexual assault response coordinator and sexual assault victim advocate are located at every installation.

IMA offers transition to civilian life

LT. COL. DELWYN MERKERSON
U.S. Army Reserve Public Affairs

It may be time, but sometimes it’s hard to leave the hooah behind.

Military skill sets gained and deployment experience, along with the camaraderie built with fellow Soldiers, can make the prospect of transitioning to civilian life daunting — and that’s before you even factor in the struggling economy and job market.

Even if one weekend a month, two weeks a year isn’t what you had in mind, you can still maintain your Soldier-connection and hone your military proficiency and hard-earned skills while striving for the career of your dreams through the Individual Mobilization Augmentee (IMA) Program.

A unique aspect of the program is that you aren’t locked into a drilling reservist schedule. You can continue soldiering on a part-time basis — earn pay and credit towards retirement, receive benefits and entitlements — all while maintaining the flexibility to pursue your career and family aspirations.

In the IMA program, how you serve can be tailored to your work and school schedule, giving you greater flexibility to plan your service around your busy schedule.

What is IMA?
The IMA program is designed to facilitate rapid expansion of the active Army wartime Department of Defense structure and/or other government departments or agencies. IMAs help the Army meet military manpower requirements in the event of military contingency, pre-mobilization, mobilization, sustainment and/or demobilization operations.

These Soldiers are currently serving on a part-time basis in more than 73 Army agencies throughout the U.S., Europe and Korea. IMA Soldiers serve in Special Operation Command, Intelligence and Security Command, Central Command, and the Office of the Secretary of Defense, just to name some agencies.

IMA Soldiers are required to perform a minimum of 12 annual training days each fiscal year and may be authorized to perform up to 48 four-hour periods of inactive duty for training. The IMA Soldier coordinates directly with an agency IMA coordinator to schedule active and inactive training periods.

While serving in the IMA program, you can work with your coordinator to complete all your training requirements at one time, or spread them out over the year.

Every Soldier making the transition from active duty needs to think about the value of his or her service.

You don’t have to leave the hooah behind. The Army Reserve allows you to continue your service to the nation and derive all of the benefits that compelled you to join in the first place.

How to have your Hooah
For more information on the IMA program visit this site:
<https://www.hrc.army.mil/STAFF/IMA%20Program%20Overview>

Search available IMA position vacancies using the online search tool on the HRC My Record website.

- Go to this link: <https://www.hrcapps.army.mil/portal/>.
- Log in and click on the “Tools” tab, on the top right of the screen.
- Choose the “Vacancy Search” link.
- Select “Vacancy Type: IMA” and input your desired filter criteria.



Lt. Gen. Francis Wiercinski (left), commander, U.S. Army-Pacific, meets with Maj. Gen. Chansamone Chanyarath, Deputy Minister of Defense of Lao People's Democratic Republic during a visit, Feb. 13, to discuss issues related to ongoing and future U.S.-Lao military cooperation. (Photo courtesy U.S. Army-Pacific Public Affairs)

USARPAC CG visits Laos

U.S. ARMY-PACIFIC
Public Affairs Office

The highest-ranking U.S. military officer to visit Laos since 2007 visited the Lao Peoples Democratic Republic, Feb. 13.

Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, met with senior officials from the Lao Ministry of Defense to discuss issues related to ongoing and future military cooperation.

The visit demonstrates the increasingly close bilateral relationship between the U.S. and Laos, as well as the U.S. government's commitment to greater engagement with countries in the Asia-Pacific region.

Wiercinski met with Maj. Gen. Chansamone Chanyalath, vice-minister of national defense. During the meeting, the leaders hailed the growth in ties between the two militaries.

U.S. military cooperation with Laos has grown increasingly stronger in recent years, with a focus on military education and training programs, demining and humanitarian assistance activities. During the past 15 years, U.S. Pacific Command has contributed \$9.4 million in funding for projects, such as new schools and medical facilities in rural areas.

Other highlights of Wiercinski's visit included a tour of the Lao People's Army Museum and a stop at the Cooperative Orthotic and Prosthetic Enterprise visitor's center to learn about programs that assist victims of unexploded ordnance. Wiercinski was also the guest of honor at a special dinner hosted by Karen Stewart, U.S. Ambassador to Lao P.D.R.

As USARPAC commander, Wiercinski leads all

Army forces in the Asia-Pacific region, totaling more than 70,000 full-time Soldiers and 11,400 civilians employed throughout the Pacific and 9,000 more in the National Guard and Army Reserve.

USARPAC conducts more than 169 activities in 26 countries, annually, as well as 16 exercises with Asia-Pacific partners and allies.



Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific listens to a staffer describe the dangers of unexploded ordnance during a visit to the Cooperative Orthotic and Prosthetic Enterprise visitor's center, Feb. 13. During Wiercinski's visit to Laos, he explored ways that the U.S. military could assist the government of Laos in efforts to remove deadly UXO from the countryside. (Photo courtesy U.S. Army-Pacific Public Affairs)

USACE shows capabilities

DINO BUCHANAN
U.S. Army Corps of Engineers
Honolulu District Public Affairs

HONOLULU — More than 300 engineers and friends of the 17 organizations within the Hawaii Council of Engineering Societies (HCES) gathered at the Hale Koa's Banyan Tree Showroom, here, Tuesday, for a luncheon to kick off Engineers Week 2013.

Invited local VIPs and dignitaries, plus engineers from the U.S. Army Corps of Engineers-Honolulu District (USACE-HD), joined them for the annual gathering, which runs Feb. 17-23.

"Engineers Week is a great opportunity to showcase the accomplishments and capabilities of the Honolulu District's professional engineers, architects and surveyors," said Todd Barnes, chief of Engineering & Construction, USACE-HD, and past post president, Society of American Military Engineers (SAME).

Jointly hosted by the Honolulu Post of SAME and the HCES, the kickoff luncheon featured keynote speaker Frederic Berg, project director, Honolulu Seawater Air Conditioning. He addressed the topic "Seawater Air Conditioning: Meeting Today's Clean Energy Expectations."

Each year during Engineers Week, HCES organizes display exhibits to increase public awareness and appreciation of the engineering profession. 2013's theme is "Bringing Dreams to Life."

This year, 16 professional engineering

societies, consulting engineering firms, manufacturing companies and student groups also displayed projects at Pearlridge Shopping Center. The purpose of the displays and interactive exhibits is to improve the public image of the engineering profession and to stimulate qualified students in public and private schools to choose careers in engineering and in related science fields.

Barnes and several of the District's Department of the Army interns also created USACE and Honolulu District photographic exhibits at Pearlridge to showcase the District's missions.

Statewide Engineers Week

National Engineers Week was started in 1951 by the National Society of Professional Engineers in conjunction with President George Washington's Birthday. Washington is considered the nation's first engineer, notably for his surveying work.

USACE Honolulu District supports all of these events:

- Signings of Engineers Week proclamations with Gov. Neil Abercrombie and Honolulu Mayor Kirk Caldwell.
- Engineers Week static displays at Pearlridge Shopping Center, Feb. 16-18, by 16 engineering organizations.
- Attendance at the Engineers Week kickoff luncheon, Feb. 19.



HONOLULU — Hawaii Gov. Neil Abercrombie holds an Engineers Week Proclamation Ceremony at the State Capitol, Feb. 5, with members of the Hawaii Council of Engineering Societies, declaring Feb. 17-23 as Engineers Week. (Photo courtesy U.S. Army Corps of Engineers-Honolulu District Public Affairs)

B2B: Show pride

CONTINUED FROM A-2

that a Soldier demonstrates for the uniform he or she wears should always remain. It takes maybe an hour to clean your boots, minutes to look over your uniform and seconds to secure your cargo pockets.

The replacement cost for the ACU is far less than the BDU, so what happened to the pride? Our uniform represents the U.S. Army and the professional Soldier.

Soldiers who look sharp, neat and clean show the pride they have for the organization to which they belong. They portray the pride of Army service to the civilian population.

The uniform is what distinguishes us from the rest of the military services and general population, so why not look the best you possibly can?

I hear some of you saying “I have to work in a motor pool all day, and I stay under a truck.” My question to you is, how do you look before you get to the motor pool? I remember mechanics coming to work with two pairs of boots. They would change into old boots to work on the vehicles and switch back to the good boots when they were done. Even though they worked on vehicles all day, you could never tell by their uniform. That was pride!

Leaders must take the time to instill the pride of the uniform back into their Soldiers, and units of the 516th Signal Brigade are beginning to do just that. Uniform inspections are becoming a norm again within the ranks, and Soldiers are being corrected daily on their appearance.

No longer are leaders walking by Soldiers with uniforms in disarray, but are challenging their Soldiers to show pride in their organization by the way their uniforms look.

Senior leaders are mentoring junior leaders on pride in their uniform, and these junior leaders are doing the same for their Soldiers. We all have to do our part in bringing pride back to the uniform.

Soldiers have to be proud of the uniform they wear and what it represents. Take the time to look sharp, neat and clean. Be that professional Soldier!

(Editor’s note: Bryan is the senior enlisted leader, Operations, at 516th Signal Brigade.)



Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today

Road Repairs — Asphalt repair and other work will be performed on Paalaa Uka Pupukea Road, Helemano Military Reservation, from 8 a.m.-4 p.m., beginning today and scheduled for completion by March 15, or sooner, depending on weather.

One lane of traffic and the sidewalk will be closed with detours posted. Paalaa Uka and Mua roads (both lanes) will reopen at end of workdays. Call 656-2420.

23 / Saturday

Schofield Power Outage — A power outage is scheduled 7:30 a.m.-4 p.m., Feb. 23, in preparation for construction of the new Warriors in Transition Barracks. Contractors will need to access an electrical manhole on Waianae Avenue that will involve a power outage for certain areas on post, as follows:

- 9000 block, Waianae Avenue;
- All trailers on Ayers Road;
- Bachelor officer quarters;
- Bldg. 750, Soldier Assistance Center;
- Bldg. 9091, Youth Center;
- Bldg. 9098, Child Development Center;
- Hamilton housing area;
- McNair Gate; and
- Stoneman Field.

Twenty-pound bags of ice will be available, free of charge, in the park-

ing lot across from Hamilton Field along Grimes Street, starting at 9 a.m., until the 500-bag allotment is gone.

26 / Tuesday

Museum Reopening — The Tropic Lightning Museum at SB will reopen, 9 a.m., Feb. 26, following facility renovations inside the museum. Call 655-0438.

27 / Wednesday

Virtual Career Fair — Veterans Recruiting Services will host a Virtual Career Fair, 1-4 p.m., Feb. 27. This event will focus on transportation and logistics careers.

The Department of Transportation, FAA, TSA, General Motors, Penske, Waste Management and Pepsi will participate. Visit www.vereinrecruiting.com.

Facebook Town Hall — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support?

If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., at www.facebook.com/usaghawaii, under the “Events” tab.

All community members may ask questions, address concerns and get responses.

If your question does not pertain to the public at large, email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or Ask the Garrison Commander at AskTheCommander.usaghi@us.army.mil.

28 / Thursday

AUSA luncheon — Members of AUSA are welcome to a corporate member recognition luncheon at 11:30 a.m. in the Pikaki Ballroom of the Hale Ikena, Fort Shafter.

The guest speaker is Maj. Gen. Stephen Lyons, commander, 8th

Theater Sustainment Command. Tickets limited. Call 438-7553 or email c9201@ausa.org.

March

2 / Saturday

Combatives Tournament — Tripler Army Medical Center hosts its 2nd annual Combatives Tournament, 9 a.m.-5 p.m., March 2-3, at the Fort Shafter gym.

Tournament is open to all military branches. Call 433-1887.

4 / Monday

Housing Office Hours — Due to training requirements, the Schofield Barracks and Fort Shafter Housing Services offices will have limited staffing and provide limited service during the week of March 4-8.

During the week, both offices will close for lunch between noon-1 p.m. At Schofield Barracks, customers not signed in by 3 p.m. must return the following day, so plan accordingly. Call 438-1518.

Fitness Center Closure — Nautilus equipment in Weight Room #1 at the Fort Shafter Physical Fitness Center, Bldg. 665, will be closed from March 4-12 for lighting system replacement. Call 438-1152.

28 / Thursday

Veterans Forum — The 2013 Hawaii Veterans and Small Business Forum & Expo takes place at the Hale Koa Hotel, March 28, featuring keynote speakers and presenters from various veteran-owned small businesses, service-disabled veteran small businesses, prime contractors, state and federal agencies.

Breakout sessions will include topics on how to work with the federal government, Davis Bacon Act and Service Contract Act, joint ventures, GSA versus commercial, ethics in contracting, 8(a) certification, SD-VOSB certifications, and general

panel discussions.

Deadline to register is March 21. Register online at <http://hiptac.eccenterdirect.com/Conferences.action> or call 596-8990, ext. 1008, or 596-8990, ext. 1007.

Ongoing

Tax Center — All Army, Reserve, Guard, family members and retirees are eligible for free tax service assistance. Tax centers are open at SB and FS. Call 655-1040 or visit www.facebook.com/hawaiiarmytaxcenters/info.

Neighborhood Watch — Want to keep your neighborhood safe? It’s a simple process that takes initiative and personal responsibility.

Find out how you can start up a Neighborhood Watch Program. Visit NWP@IPChawaii.com.

VetNet — A great way to start 2013 and to help veterans and military spouses, VetNet is a technology-based effort to help veterans, transitioning service members and military spouses find meaningful employment. Think of VetNet as a virtual career resource.

Now veterans and military spouses can search for thousands of job opportunities, either by industry or geographic region; visit www.vetnethq.com/.

Testing — The Schofield Army Education Center offers free College Level Examination Program (CLEP) and DANTES Subject Standardized Tests (DSST) every Tuesday, from 9 a.m.-7:30 p.m., and Fridays, 9 a.m.-4 p.m., at the Education Center, Bldg. 560, Rm. 214.

Testers must arrive two hours before closing time to provide ample time to complete tests. Study guides are available at the Learning Resource Center, Rm. 203. Visit hpuna.nationaltestingcenters.wordpress.com/about/.



USE YOUR HEAD WEAR A HELMET

Blueprints & Pawprints:

Renovations slated to begin at two Army Hawaii veterinary clinics

STEPHANIE RUSH
Pacific Regional Medical Command Public Affairs

HONOLULU — Much-needed changes are coming to the Army veterinary treatment facilities (VTFs) at Fort Shafter and Schofield Barracks.

Renovations are scheduled for both facilities starting this year, with the Schofield location closing first.

The Schofield Barracks VTF will close for several months, beginning Feb. 28. No appointments will be scheduled through March 8 while equipment is moved from the VTF to its temporary location, Building 934, which is adjacent to the current VTF on Duck Road.

Beginning March 11, all services will be available to uniformed service members and their families. The VTF is scheduled to reopen in early June.

“The Schofield Barracks renovation provides a much-needed facelift to an older building that is currently in poor condition,” said Lt. Col. Mark Richey, commander, Public Health Command District-Central Pacific, which oversees all veterinary services in the region.

“The project scope does not allow for an increase in square footage, but will focus on structural and cosmetic improvements, and on more efficient use of the existing space to maximize the out-patient preventive veterinary care that is provided to the Schofield Barracks community,” Richey explained. “The end result will be a modern, attractive facility with improved traffic flow and additional treatment areas.”

Fort Shafter’s VTF is scheduled to close in early September and is expected to reopen June 2014.

“(Even though) the Fort Shafter clinic will shut down completely, clients will be able to use the Joint Base Pearl Harbor-Hickam clinic, Schofield’s new facility or Marine Corps Base Hawaii-Kaneohe Bay’s veterinary facility during the construction time,” said Sgt. 1st Class Raymond Theiss, operations noncommissioned officer, PHCD-CENPAC.

Veterinarians and animal techs who work at the Fort Shafter VTF will be temporarily reassigned to JBPHH’s VTF to accommodate the increase in pets needing appointments displaced

from Fort Shafter. Public Health Command’s mission responsibilities include health care for military working dogs

vice medical care to the district’s military working dogs (from) MCBH-KB, JBPHH and (all) U.S. Army Garrison-Hawaii installations,” Richey said. “This facility will allow us to provide better care and more services in one centralized location for MWDs from all military in-

tinued. MWDs aren’t the only four-legged patients that will benefit from the renovations.



Public Health Command
Learn more about the command at phc.amedd.army.mil.

Renovations to both the Fort Shafter and Schofield Barracks VTFs, scheduled for this calendar year, will improve flow and increase access to care. (Photo courtesy U.S. Army) (This photo has been altered from its original form; background elements have been enhanced.)

(MWDs), installation food protection and surveillance, and — based on space and resource availability — preventive medical health care for pets.

“The intent and end result of the facility renovation at Fort Shafter is to double the space for clinical veterinary care and to provide improved full-ser-

vice medical care to the district’s military working dogs (from) MCBH-KB, JBPHH and (all) U.S. Army Garrison-Hawaii installations,” Richey said. “This facility will allow us to provide better care and more services in one centralized location for MWDs from all military in-

stallations within the local geographic area, rather than duplicating services. “It also results in improved fiscal management and efficient use of veterinary health care provider resources, which is a model for the future for Public Health Command veterinary facilities that serve larger Department of Defense communities, (such as Hawaii),” Richey con-

tinued. MWDs aren’t the only four-legged patients that will benefit from the renovations. “The (Fort Shafter) facility will also serve as a training center for Army veterinarians and animal care specialists, and will allow for additional capacity for privately owned animal care,” Richey said. “Expanded capabilities of the updated facility include short- and long-term hospitalizations, X-rays, ultrasounds, major surgical support to include orthopedic and neurologic, endoscopy/laparoscopy, a full laboratory and dental care.”

The veterinarian staff is asking its customers to be patient during the construction.

“The upgraded facilities will be well worth the wait and the inconvenience,” Theiss said. “Customers can expect (the renovated) facilities to have much better flow, an increased access to care, and facilities with better capabilities to meet the clients’ needs.

“The new facilities will give customers confidence that they are bringing their animals somewhere that they are going to get the best care possible,” he added.

sites offer appointments Monday through Friday, with occasional evening and weekend appointments offered.

Services offered include routine sick-call appointments and well-patient exams, with a focus on prevention-medicine and wellness services, such as vaccination, fecal testing, heartworm and infectious disease screening, health certificates and microchipping.

Most facilities offer laboratory testing and radiology services. Facilities also offer routine

surgical (spay, neuter, mass removal) and dental services on a space-available basis.

All services and products are associated with a fee to the pet owner that is due at the time services are provided. Fees are generally significantly lower than those charged by civilian veterinary practices.

All pet owners are strongly encouraged to establish civilian veterinary care due to the limited extent of Army veterinary services provided, including non-emergency services.

Hawaii Military Veterinary Services

The U.S. Army is the Department of Defense’s Executive Agent for Veterinary Service and provides animal care, food safety and defense, and research and development for all branches of the military.

On Oahu, the Veterinary Corps operates four veterinary treatment facilities, which provide services for pets owned by qualified patrons (DEERS enrollment).

All pets are seen by appointment. Most



Holy Week, Easter Services

The U.S. Army Hawaii community is invited to attend various Easter celebrations now through April 7. The U.S. Army Garrison-Hawaii Religious Support Office offers services in north and south Oahu areas.

Feb. 22

5:30 p.m., WAAF, Stations of the Cross (Catholic)
6 p.m., AMR, Stations of the Cross (Catholic)

March 1, 8, 15 and 22

5:30 p.m., WAAF, Stations of the Cross (Catholic)
6 p.m., AMR, Stations of the Cross (Catholic)

March 3

6 p.m., AMR, Lent Reconciliation (Catholic)

March 4

6 p.m., WAAF, Lent Reconciliation (Catholic)

March 23

5 p.m., MPC, Palm Sunday Mass (Catholic)

March 24

8:30 a.m., AMR, Palm Sunday Mass (Catholic)
10:30 a.m., MPC, Palm Sunday Mass (Catholic)

March 28

7 p.m., AMR, Holy Thursday Mass (Catholic)
7 p.m., WAAF, Holy Thursday Mass (Catholic)
(Both are followed by Adoration, until 8:30 p.m.)

March 29

Noon, MPC Lanai, Good Friday Living Stations of the Cross (Catholic)
3 p.m., AMR, Good Friday Service (Catholic)
3 p.m., MPC, Good Friday Service (Catholic)
6 p.m., AMR, Good Friday Service (Protestant & Gospel)
6 p.m., MPC, Good Friday Service (Gospel)

March 29-31

AMR, Divine Mercy Novena (Catholic)

March 30

11:30 a.m., MPC Lanai, Holy Saturday Easter Blessing of Food (Catholic)

7 p.m., MPC, Easter Vigil Mass (Catholic)

March 31

6:30 a.m., MPC, Easter Sunrise Service (Protestant)
8:30 a.m., AMR, Easter Sunday Mass (Catholic)
10:30 a.m., MPC, Easter Sunday Mass (Catholic)

April 7

3 p.m., WAAF, Divine Mercy Devotion (Catholic)

For more information, call the Religious Support Office at 655-8731.

Legend

AMR: Aliamanu Military Reservation
MPC: Main Post Chapel, Schofield Barracks
WAAF: Wheeler Army Airfield Chapel



Briefs

Today

USARPAC Golf Scramble — Every last Friday of the month at FS Nagorski Golf Course. For information and registration, call 438-9587.

Hawaiian Buffet — Every last Friday of the month, enjoy a Hawaiian luau lunch buffet at the FS Hale Ikena dining room (438-1974) or SB Kolekole Bar & Grill (655-0660) for \$12.95.

23 / Saturday

Lt. Dan Band — The USO presents Gary Sinise and the Lt. Dan Band, 7 p.m., Feb. 23, at Martinez PFC, SB. Food and beverages available for purchase.

This free event is held on an open field, and blankets or lawn chairs are recommended. Call 655-0115.

26 / Tuesday

Funfest FRG Fundraising Meeting — Learn how to raise funds for your family readiness group at the annual FMWR Funfest, 10 a.m., SB Arts and Crafts Center. Call 655-0115.

Torch Club Volunteers — The Torch Club is looking for volunteer teen leaders to help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities.

Meetings are held once a week, 3:30 p.m., at the FS Teen Lounge. Call 438-6470.

Quilting Workshop — Learn how to make quilts while enjoying quality time with others, 6-8 p.m., Feb. 26, SB Arts & Crafts. Call 655-4202.

27 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for

HONOLULU FESTIVAL 2013



WAIKIKI — Performers captivate parade onlookers with a dragon display during last year's Honolulu Festival, here. This year's festivities kick off with a Friendship Gala, 6:30-8:30 p.m., March 1, complete with cultural entertainment and cuisine from Oahu's top restaurants.

The celebration continues March 2-3, with free performances at the Hawaii Convention Center, DFS Galleria and Waikiki Beach Walk, including the highly anticipated Waikiki Grand Parade at 4:30 p.m., March 3, followed by the Nagaoka Fireworks Show at 8:30 p.m. Call 833-3378 or visit www.honolulu festival.com. (Photo courtesy Honolulu Festival Foundation)

Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

•South meetings, 10 a.m., every 2nd and 4th Wednesday, AMR Chapel.

Preschool Story Time — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

Cooking Club for Teens — The FS Teen Lounge invites teens who enjoy cooking and want to learn new recipes to participate in club meetings, once a week, 3 p.m., February-May. Call the teen manager at 438-6470.

28 / Thursday

Sewing/Quilting Workshop — Learn how to make quilts while enjoying quality time with others, 5:30-8:30 p.m., Feb. 28, FS Arts & Crafts. Call 438-1315.

March 2 / Saturday

Ladies Golf Clinic — Held the first Saturday of every month, the Women's Golf Clinic is geared toward the beginner golfer, with PGA professionals on-hand; 1:30-3 p.m., March 2, at Leilehua Golf Course. Call 655-4653.

Ongoing

Army Hawaii Indoor Soccer Tournament — Entry deadline is March 15; tournament runs April 1-30, Martinez PFC. Call 655-0856 for applications.

Neighborhood Watch Program (NWP) — Would you like to know how to keep your neighborhood safe? Interested in starting a NWP? It's a simple process that takes initiative and personal responsibility. Email NWP@IPChawaii.com.

Storage Shed Rental — Rent a storage shed from either the FS or SB Auto Skills Center. Fee is \$40 (8x6x5,

metal) or \$60 (8x6x6, plastic) per month. Call 655-9368 (SB) or 438-9402 (FB).

Intramurals — Visit himwr.com for sports applications and Army Hawaii Intramural Sports announcements. Call 655-0856.

•Basketball League — Army men's and women's competitions run through March 29.

•Soccer League — At Takata Field, FS and TAMC fields; runs through March 29.

Renovation — SB Health and Fitness Center renovation is underway, resulting in transfer of activities and classes to Martinez PFC. Renovations include installing two new saunas, repairing portions of the facility floor, replacing all windows and painting the interior walls. Call 655-8789/8007.

Military Special — Bowl a free game when you make a purchase over \$6 from Wheeler Bowl's snack bar. Must have receipt. Game must be used same day as snack bar purchase. Cannot be combined with additional discounts or offers. Call 656-1745.

28 / Thursday

Free Magic Classes — Kalihi-Palama Library, 6 p.m., on the fourth Thursday of each month (except November and December). Sponsored by Hawaii Magicians Society; visit www.hawaii magicclub.com or call 234-5262.

Grunge Party — Come as you are to this '90s grunge-themed flea market party, complete with more than 60 vendors featuring vintage collectables, handmade art, music and more; 5-10 p.m., Feb. 28, Fresh Café, 831 Queen St. in Honolulu. Admission is \$3. Visit <https://www.facebook.com/events/412442538845643/>.

March

1 / Friday

Friendship Gala — With cultural entertainment by Honolulu Festival performers and cuisine from Oahu's top restaurants, 6:30-8:30 p.m., March 1, at the Hawaii Convention Center. Tickets cost \$90 per person, \$70 for those under 21 years, free for children under 6. Call 833-3378 or visit www.honolulu festival.com.

2 / Saturday

Combatives Tournament — Tripler Army Medical Center hosts its 2nd annual Combatives Tournament, 9 a.m.-5 p.m., March 2-3, at the FS gym. Tournament is open to all military branches. Contact Sgt. Dominique Ramos at Dominique.Berridge@us.army.mil or 433-1887.

Honolulu Festival — Enjoy performances and free exhibits from the people and cultures of Japan, China, Taiwan, Korea, Australia, New

See **CALENDAR, B-6**

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon, at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, WAAF and TAMC chapels
- Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
- Contemporary Service
 - 11 a.m. at Soldiers Chapel

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Honolulu Theater for Youth — Acclaimed Off-Broadway drama "Hold These Truths" continues a six-performance run through March 2, Hawaii Theatre. Tickets may be ordered online at www.htyweb.org or call 839-9885.

Black History Month — The Actors Group (TAG) presents Pulitzer Prize-winning playwright August Wilson's "King Hedley II" weekends, 2 and 7:30 p.m., through March 10, at Dole Cannery Square, 650 Iwilei Rd. For tickets, call 722-6941 or visit www.taghawaii.net.

23 / Saturday

Schofield Power Outage — A power outage is scheduled 7:30 a.m.-4 p.m., Feb. 23, in preparation for construction of the new Warriors in Transition Barracks. Contractors will need to access an electrical manhole on Waianae Avenue that will involve a power outage for certain areas on post, as follows:

- 9000 block, Waianae Avenue;
- All trailers on Ayers Road;
- Bachelor officer quarters;
- Bldg. 750, Soldier Assistance Center;
- Bldg. 9091, Youth Center;
- Bldg. 9098, Child Development Center;
- Hamilton housing area;
- McNair Gate; and
- Stoneman Field.

Twenty-pound bags of ice will be available, free of charge, in the parking lot across from Hamilton Field along Grimes Street, starting at 9 a.m., until the 500-bag allotment is gone.

Garage Sale — The Rotary Club of Waikiki presents its 3rd annual Garage Sale, with books, clothing, toys and vintage and collectable items for sale, 8 a.m.-noon, Feb. 23, in the Waikiki Elementary School cafeteria, 3710 Leahi Ave. Donations may be dropped off at the cafeteria, 5:30-7 p.m., Feb. 22. Any items not sold will be donated to the Salvation Army. Visit www.waikikirotary.org or call 395-2290.

Hoolaulea — Enjoy a day of family fun while learning more about Hawaiian culture at Kamehameha Schools' annual Hoolaulea, 8:30 a.m.-4 p.m., Feb. 23, at the Kapalama Heights campus, 1887 Makuakane St. Call 988-0224.

Chocolate Festival — Get a taste of the many uses of chocolate at Hawaii's sweetest celebration, noon-5 p.m., Feb. 23, at Dole Cannery. Tickets cost \$20 in advance, \$25 at the door. Visit www.hawaiiichocolate festival.com.

24 / Sunday

Canoe Challenge — Spend a day at Waikiki beach while enjoying family-friendly activities, Hawaiian makahiki games, cultural demos, food booths and live entertainment at the 28th annual WCC Duke Kahanamoku Challenge, 9 a.m.-4 p.m., Feb. 24, at the Hilton

Hawaiian Village Lagoon. Visit www.waikikicomunity center.com.

26 / Tuesday

Museum Reopening — The Tropic Lightning Museum at SB will reopen, 9 a.m., Feb. 26, following facility renovations inside the museum. Call 655-0438.

Schofield Black History Month — Observance and celebration, 11:30 a.m.-1 p.m., Feb. 26, Tropics Warrior Zone, Bldg. 589, SB. Call 655-0240.

Black History Month — Sponsored by the City and County of Honolulu, the African-American Diversity Cultural Center Hawaii pays tribute to Hawaii and Alaska and their contribution to the Civil Rights Movement, with a reception at Honolulu Hale, 5-7 p.m., Feb. 26.

27 / Wednesday

Facebook Town Hall — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., Feb. 27, at www.facebook.com/usaghawaii, under the "Events" tab. All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address concerns and get responses.

If your question does not pertain to the public at large, email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or Ask the Garrison Commander at AskTheCommander.usaghi@us.army.mil.

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

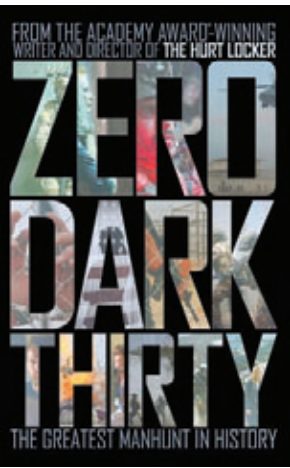
Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Zero Dark Thirty

(R)
Fri., Feb. 22, 6 p.m.

Rise of the Guardians

(PG-13)
Sat., Feb. 23, 2 p.m.

Mama

(PG-13)
Sat., Feb. 23, 6 p.m.

Parental Guidance

(PG)
Sun., Feb. 24, 2 p.m.

Zero Dark Thirty

(R)
Thurs., Feb. 28, 6 p.m.

No shows on Mondays, Tuesdays or Wednesdays.



Capt. Steven Lester (back), commander, HHC, 311th Sig. Cmd. (T), starts the clock as Spc. Kawaiola Nahale (front) begins the obstacle course with a group of Fern Elementary students as part of the school's annual Drug Free Schools/Jump Rope for Heart Field Day, Feb. 13.

Signaleers, keiki get moving

Story and photos by
LIANA MAYO
311th Signal Command (Theater) Public Affairs

HONOLULU — A dozen Soldiers from Headquarters and Headquarters Company, 311th Signal Command (Theater), visited Fern Elementary School, here, to support students during the school's annual Drug Free Schools/Jump Rope for Heart Field Day, Feb. 13.

The Soldiers served as timekeepers for the students' obstacle course and provided supplies for children to explore, such as camouflage netting, an EZ-Up shelter and several tactical vehicles on static display.

The field day is part of the school's initiative to promote an active, healthy lifestyle and introduce students to positive role models and professional opportunities.

"I think the Soldiers provide excellent role models for our students," said Cedric Chu, Fern Elementary school counselor. "What we're trying to do with our annual drug-free field day, Jump Rope for Heart, is to familiarize our children with healthy activities in life and show them alternatives to video games, watching TV and getting in with the wrong crowd. The Soldiers are here with

See **JUMP**, B-7



Sgt. 1st Class Moses David (left) and Spc. Travis Anderson assist Fern Elementary School students across a portion of the obstacle course during the field day.

MIs re-sign support to local school, students

Story and photo by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade Public Affairs

WAIALUA — The 500th Military Intelligence Brigade renewed its partnership with Waialua Intermediate and High School at a signing ceremony held at the school's library, here, Feb. 14.

Col. William Mangan, commander, 500th MI Bde., and Randiann Porras-Tang, school principal, signed the memorandum of agreement to continue the brigade's Army School Partnership Program commitment of supporting the students' academic goals and the school's campus upgrades.

"Our goal is to provide a committed, sustainable volunteer effort to Waialua High School wherein quality support is our focus," Mangan said.

Before the signing, students gave a brief presentation on some of the school's specialized curriculum and achievements.

The signing was followed by a handshake, a smile and the principal's outlook on the relationship.

"We look forward to having you, and any support you can give us, we will gladly take," Porras-Tang said. "We are glad that you are a part of our family."

After the signing, Lorri Sonann, school liaison, provided a tour of the school to Mangan and leaders from the 715th MI Battalion. During the walk-through, commanders visited the school's Robotics workshop and were treated to a musical arrangement at music class.

They were able to talk with teachers and the athletic director, as well.

The brigade and school began their relationship through the Army School Partnership Program in December 2008.

In collaboration with the 715th MI Bn., the working relationship has allowed volunteer Soldiers to support the school by providing color guards for graduation ceremonies and homecoming parades, tutoring and campus beautification.



Col. William Mangan (left), commander, 500th MI Bde., and Randiann Porras-Tang, principal of Waialua Intermediate and High School, renew their partnership agreement during a signing ceremony held at the school's library, Feb. 14.

A couch may be more than just furniture for some



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

When I met my husband, almost 20 years ago, he had a couch.

It was his “bachelor couch,” and even though it may have looked cool back in 1990 when he bought it to furnish his bachelor pad, the upholstery pattern on that piece of furniture can only be described as a cross between a Bill Cosby sweater and the wallpaper in a gynecologist’s office.

However, I came into the marriage without a couch, so on our limited budget, I was thankful to have one at all.

For the first couple years of marriage, the couch was a useful piece of furniture, despite its crisscrossing shades of teal, gray and mauve, and the outdated honey-oak embellishments on its armrests.

Moving with the military every few years, I thought my husband’s bachelor couch would eventually be jettisoned like other outdated items from our past — my black and white TV, his old girlfriend’s wine glasses, the kids’ worn-out stuffed animals, my stirrup pants — but somehow, that old bachelor couch just never went away. Sure, we bought other furniture, but the old bachelor couch stuck around in a spare bedroom, or waited in a storage unit until we could find another use for it.

More than a decade into the marriage, I suggested that we



Dinghy, one of the author's family dogs, lies fast asleep on the "bachelor couch." (Photo courtesy Lisa Smith Molinari)

donate my husband’s bachelor couch to charity.

“But she’s so well built and still has so much use — we can’t get rid of her!” he replied, incredulously.

I never brought it up again, and as I sit here in my office writing this column at my desk, that 22-year-old bachelor couch sits just two feet away, made tolerable with a striped slipcover.

I could feel threatened by the fact that my husband has had a longer relationship with his bachelor couch than with his own wife; in fact, when I am alone in the room with his couch, I sometimes feel her mocking me.

See COUCH, B-6

Couch: Sofa settles in

CONTINUED FROM B-4

But I have learned that, as much as I dislike the couch’s distasteful appearance, my husband’s bachelor couch symbolizes something for him, something with which he is not yet willing to part.

Perhaps the couch that my husband purchased in his mid-20s reminds him of his youth, his virility, his long-gone full head of hair and former waistline. Or, perhaps, she reminds my husband of buddies from his squadron days, who sat upon its sturdy cushions to watch football in unspoken camaraderie.

I guess I can’t blame him for grasping onto bygone virtues. Heck, I have two file boxes out in the garage that contain a useless jumble of high school yearbooks, photos, diaries, artwork, playbills, swimming ribbons and even the bronze Junior Firefighter Badge I sent away for from a Smokey the Bear advertisement in the back of a “Highlights” magazine. If anyone tried to throw those file boxes away, I’d turn from middle-aged housewife into vicious cage fighter faster than you can say “aggravated assault.”

Why? Because those scraps of crumpled paper and corroding metal symbolize a simple, carefree time. A time when my greatest worry was curling my bangs right or whether my parents were going to let me have the car on Friday night.

So, on days when the minutia of my middle-aged life as a military spouse bogs me down, it’s nice to know that I still have in my possession, in two moldy file boxes in the garage, the hope that life can be simple and carefree again.

So, I will not begrudge my husband his reminder of days gone by, even if his “little memento” has had a longer relationship with him than I have and takes up eight feet of wall space in my office.

Besides, she has provided the rest of the family some consolation by facilitating many an afternoon nap.

(A 20-year Navy spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and on the “Stripes Military Moms” website, at www.the.meatandpotatoesoflife.com and follow @MolinariWrites.)



CONTINUED FROM B-2

Zealand, the Philippines, Tahiti, Canada, Alaska and Hawaii, complete with keiki games, 10 a.m.-6 p.m., March 2, and 10 a.m.-3 p.m., March 3, at the Hawaii Convention Center, DFS Galleria and Waikiki Beach Walk.

Call 833-3378 or visit www.honolulufestival.com.

3 / Sunday
Women’s 10K —
Hawaii Pacific Health holds its 36th annual Women’s 10K race, 7 a.m., March 3, at Kapiolani Park in Waikiki, for female runners, walkers and stroller-pushers of all ages.

Cost is \$35 (online, deadline is Feb. 27), \$45 (mail-in, must be postmarked by Feb. 25) or \$60 (in-person at packet pick-up, March 2, or race day, 5:30-6:30 a.m.).

Visit www.hawaii-pacific-health.org/womens10k/.

February is heart month

LAURA VASQUEZ
U.S. Army Public Health Command

Every year, heart attacks claim thousands of lives; in fact, heart disease is the No. 1 killer of both men and women in the United States.

February is American Heart Month and a good time to learn how to prevent or react to a heart attack.

It’s important to know your risk factors for a heart attack. The elderly and those with heart disease are at highest risk for suffering a heart attack. Being male or having a family history of heart disease also puts you at a greater risk.

Some risk factors are within your control to change by adjusting your lifestyle or by taking medications. These adjustments include quitting smoking, exercising regularly, maintaining a healthy weight and controlling high blood pressure or cholesterol.

Consider your risk factors and take appropriate precautions. Taking certain precautions can be the difference between life and death.

Precautions for a healthy heart

- Take frequent breaks when taking part in rigorous activities.



- Don’t eat a heavy meal prior to exercising to avoid the extra load on your heart.
- Don’t drink alcohol before or immediately after exercising.
- Be aware of the dangers extreme weather poses on health conditions, such as heat exhaustion.
- Consult your doctor prior to exercising in hot weather.
- Learn CPR to increase a victim’s chances of survival.
- Learn heart attack warning signs.

Warning signs of a heart attack are often ignored or overlooked, as heart attacks often start slowly with mild symptoms. Many people do not know the warning signs and often wait too long before getting help.

Minutes matter during a heart attack, and early treatment greatly increases the chances of survival. Learn the signs of a heart attack and you can help save a life.

- Warning signs of a heart attack**
- Chest pain or discomfort;
 - Discomfort in upper body, including arms, back, neck, jaw or shoulder;
 - Shortness of breath; and
 - Nausea, lightheadedness and cold sweats.

If these warning signs are present, call 9-1-1 immediately!

Make sure to take precautions to prevent a heart attack — know your risk factors, check on your elderly neighbors and learn the warning signs of a heart attack. Remember, prevention and early action save lives!

(Editor’s note: Vasquez is a program evaluator with USAPHC.)



Lifestyle changes, such as exercising regularly, may help lower your risk of having a heart attack. (File photo)

Resources

For more information and tips on preventing heart attacks, visit these sites:

- American Heart Association, <http://www.heart.org>; and
- U.S. Centers for Disease Control and Prevention, http://www.cdc.gov/heartdisease/heart_attack.htm.

Jump: 311th assists with field day

CONTINUED FROM B-3

us, providing the obstacle course, to help show our students how fun it is to be fit, and hopefully inspire active lifestyles.”

“This was the second consecutive year we were invited to participate in the school’s field day,” said 1st Sgt. Martin Jenkins, HHC, 311th Sig. Cmd. (T), adding that Soldiers also enjoy the event as a meaningful way to share positive experiences of outdoor activity with the children to form healthy habits for life.

The Soldiers of the 311th have become acquainted with the faculty, staff and students of Fern Elementary over the past year through the cooperative reading program Read Out Loud! in which Soldiers read to students once a month.

The program began in November 2011 and has received accolades from teachers, who have said the interaction with Soldiers inspires improved behavior from students.



Spc. Ashley Banks-Hester, HHC, 311th Sig. Cmd. (T), shows a Fern Elementary School student how to conduct a proper salute during the school’s annual Drug Free Schools/Jump Rope for Heart Field Day, Feb. 13.